

CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

July 9, 2001

NEWS BRIEFS

LIGHT WORK STARTS

Starting Monday, July 9, from 5:30 p.m. to 3 a.m., Linc Electric will be working on the lights in the Human Resources Building. They will work Monday through Thursday for several weeks and start on the 6th floor and work their way down. Only the lights will be affected. They will be turned off periodically so that the work can be performed.

BREWER RECEPTION

A retirement reception for Wilma Brewer, who works in Medicaid Services, will be July 19 from 1-3 p.m. in the HR cafeteria. She is retiring after 30 years of service.

CHECKUP TAKES A WEEK

The CHS Checkup will take a week off and will publish its next issue on July 23.



TIP OF
THE
WEEK

On the average, you need around half a cup of water for every 100 calories you expend. So if you need 2,000 calories a day to keep that body moving, you should be gulping about 10 cups of water daily. If it's a hot or humid day or if you are exercising vigorously, you may need more. The majority of us need eight to 12 cups a day.

Department for Public Health Recognized For HIV Testing Effort

The Kentucky Department for Public Health has been recognized by a national organization for its efforts to encourage people to get tested for HIV.

The National Association of People With AIDS gave a Life Award to the department at June 21 ceremonies in Washington, D.C.

Three Life Awards are given each year — one to an HIV positive individual, one to a community based organization and one to a state health department for conducting an innovative National Testing Day campaign.

Tom Collins, HIV Prevention Initiatives Coordinator, who has served as Kentucky's team captain for National HIV Testing Day for

the past three years, accepted the award on behalf of the department, the local health departments, community-based organizations, and the media outlets that made the campaign a success.

During June of 2000, the 42 participating local health departments and the six community organizations were able to conduct 1,253 HIV antibody tests. In addition to traditional testing in clinics the campaign included testing in sites as varied from African American churches to bars and night clubs, at sporting and social events, and even at traffic court.

The annual "Take the Test, Take Control" campaign began in 1995.



Holmes On Magazine Top Doc List

Dr. J. William Holmes, the medical director for the Commission for Children With Special Health Care Needs, has been recognized as one of the best doctors in Louisville by Louisville Magazine.

The magazine's June issue featured the "Top Docs" based on a survey of physicians.

Holmes, who also has a private practice, was listed among the top four specialists in neurology.

Holmes has been with the Commission for 8 years as medical director. Holmes had been teaching part-time at the University of Louisville and was preparing to leave that job when he was approached for the medical director's

position. He had worked in commission clinics since 1973.

Returning to the commission helped fulfill an interest Holmes had early on. "I'm a seminary drop out. I trained in theology first and then went to med school," he said.

Holmes graduated from U of L Medical School in 1970 and received his neurology specialty from the University of Kentucky Medical School in 1980.

"Dr. Holmes' commitment to special needs children and his clinical expertise make him a well-respected doctor," Deputy CHS Secretary Ann Marks said. "He's an inspiration to new graduates."



KYCares Honored With Civic 50 Award

The KYCares.net online resource directory and guide to services recently received a "Civic 50 Award" by Civic.com, a leading online and print publication covering federal, state and local governments. The Civic 50 award is designed to acknowledge innovative public information technology projects.

The Cabinet for Health Services is one of the six state cabinets governing the web site, which helps Kentucky citizens locate providers for health and human services. KYCares.net was developed as an EMPOWER Kentucky project, and transitioned from EMPOWER to the KYCares Advisory Council last September. Deputy CHS Secretary Ann Marks chairs the council and technical support is provided by the Governor's Office of Technology.

Four other Kentucky technology projects were selected for Civic.Com 50 Awards, garnering Kentucky 10 percent of the total national awards. Kentucky Governor Paul E. Patton was pleased with the recognition, saying, "Kentucky's investment in technology is paying off for our citizens, and it's being noticed by our peers. We're working hard to improve the way we run state government, and we're using innovative thinking and best practices from industry to improve efficiency."

Marks noted that the online

directory is accessible from the CHS Web site and other CHS department links. Over 26,000 providers and over 43,000 services are listed on the web site. CHS employees serve as subject matter experts to help identify providers and tip sheets.



"It is critical that CHS staff help maintain the KYCares web site by

making sure that new providers are listed and existing providers maintain current information about their contact information and scope of services," Marks said.

Government and private sector providers are included. Providers can load their information or update existing information directly online, since the site features a "wizard" to assist. For a presentation or to answer questions, the GOT support number for KYCares.net is 888-567-1373, or visit KYCares.net.



Get ready for a special CHS birthday party for strategic planning later this month. Watch the CHS Checkup for details for the July 31 event. All CHS staff will be invited.

Healthy Lifestyles Tied To Education Levels

From Research Brief - Kentucky Long Term Research Center. An excerpt from an article on the social benefits of higher education.

"...Healthier Lifestyles. The more educated segment of the population also tends to make healthier lifestyle choices. In part, this occurs because members of this group do not smoke as much as those in the less-educated category. Smoking has been linked to the leading causes of death in this country (lung cancer and heart disease). Reducing these costs is a particularly important issue for Kentucky, which, until recently, led the nation in the percentage of adults who smoke and continues to have high smoking rates among youth.

The public costs of treating smoking-related illnesses are onerous. In 1993, expenses attributed to smoking were estimated at \$1 billion in the Commonwealth. Over subsequent years, health care costs have risen significantly.

We find a clear relationship between education and the likelihood that an individual will smoke. The probability of having smoked in the past 30 days declines 14 percentage points (from 34 to 20) when we compare college graduates with high school graduates. The decline is even greater in the comparison with those with less than a high school diploma."



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